



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center) 11:30 am – LUNCH: Shredded Pork Sandwich 12:15 pm – “INVESTOR’S RIGHTS” CLINIC - University of Miami’s School of Law students	<b>2</b> 11:30 am – LUNCH: Roast Turkey 12:10 pm – SING-ALONG of PATRIOTIC SONGS -piano accompaniment provided by Betty Rice, Pianist 12:30 pm - TAI CHI (Class meets at the Optimist Club) 12:45 pm –Grocery Shopping	<b>3</b> Independence Day Celebration  SENIOR CENTER CLOSED
	<b>6</b> 9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center) 11:30 am –LUNCH: BBQ Brisket of Beef 12:15 pm – B I N G O	<b>7</b> 9:00 am –WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 11:30 am –LUNCH: Arroz con Pollo 12:15 pm – “LIVING with LOW VISION” -Raquel Van Der Beist, Miami Lighthouse for the Blind 12:30 pm - TAI CHI (Class meets at the Optimist Club)	<b>8</b> 9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center) 10:00 a.m. –11:30 p.m.: Free BLOOD PRESSURE SCREENING -Miami Dade Health Dept. 11:30 am – LUNCH: BBQ Pulled Pork	<b>9</b> 9:00 am –WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 11:30 am –LUNCH: Meatloaf 12:15 pm – “DISASTER PREPAREDNESS” -Monica Rusconi, Amer. Red Cross. 12:30 pm - TAI CHI (Class meets at the Optimist Club) 12:45 pm –Grocery Shopping
<b>13</b> 9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center) 11:30 am – LUNCH: Baked Ham 12:15 pm – B I N G O	<b>14</b> 9:00 am –WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 1:30 am – LUNCH: Ropa Vieja 12:15 pm – “HYPERTHERMIA: Too Hot for Your Health” -Maritza Lopez, Catholic Hospice 12:30 pm - TAI CHI (Class meets at the Optimist Club)	<b>15</b> 9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Optimist Club) 11:30 am – LUNCH: Roast Turkey 12:15 pm–NUTRITION EDUCATION: “SUMMER TIME SAFETY TIPS” -Jacquelyn Gibson, MS 9:30 am–2:30 pm:  FL DRIVER’S LICENSES at the Senior Center	<b>16</b> 9:00 am –WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 11:30 am –LUNCH: Chicken Cacciatore  12:00 pm - BIRTHDAY & ANNIVERSARY PARTY 12:30 pm - TAI CHI (Class meets at the Optimist Club) 12:45 pm –Grocery Shopping	<b>17</b> 9:00 --11:00 am: “CELEBRATION” WORKOUT (Class meets at the Senior Center) 11:30 am – LUNCH: Egg Salad & Soup <u>Raffle Items Awarded</u>
<b>20</b> 9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center) 11:30 am – LUNCH: Picadillo 12:15 pm – B I N G O	<b>21</b> 9:00 am –WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 11:15 am —12:45 pm:  11:30 am –LUNCH: BBQ Chicken 12:30 pm - TAI CHI (Class meets at the Optimist Club)	<b>22</b> 9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center) 11:30 am – LUNCH: Roast Pork 12:15 pm – CRIME WATCH PROGRAM MSPD Community Policing Office	<b>23</b> 9:00 am –WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 11:30 am – LUNCH: Bistec en Cazuela 12:30 pm - TAI CHI (Class meets at the Optimist Club) 1:15 pm – FIELD TRIP: WAL-MART \$.50/person (16 may go)	<b>24</b> 9:00 --11:00 am: “CELEBRATION” WORKOUT (Class meets at the Senior Center) 11:30 am – LUNCH: Tuna Salad & Soup
<b>27</b> 9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes are at the Senior Center) 11:30 am – LUNCH: Stuffed Cabbage 12:15 pm – B I N G O	<b>28</b> 9:00 am –WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 11:30 am – LUNCH: Herbed Chicken 12:15 pm – “COUNCIL REPORT” - Councilwoman Roslyn Buckner 12:30 pm - TAI CHI (Class meets at the Optimist Club)	<b>29</b> 9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center) : 11:30 am – LUNCH: Shredded Pork Sandwich	<b>30</b> 9:00 am –WEIGHT TRAINING 9:30 am - SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 11:30 am – LUNCH: Roast Turkey 12:30 pm - TAI CHI (Class meets at the Optimist Club) 12:45 pm –Grocery Shopping	<b>31</b> 9:00 --11:00 am: “CELEBRATION” WORKOUT (Class meets at the Senior Center) 11:30 am – LUNCH: Breaded Fish Wedge